Larry Hogan, Governor | Boyd Rutherford, Lt. Governor | Dennis R. Schrader, Secretary, DHMH

U.S. Department of Agriculture

To file a program complaint of discrimination, complete the USDA Program

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www.mdwic.org

office at 1-800-242-4942 or visit our website at Ask your local WIC staff or call the Maryland WIC

Questions?

Better Mutrition Brighter Future

Maryland WIC

Maryland



Better Nutrition Brighter **Future**



WIC Authorized Foods List

Effective August 2016 Revised January 2017

Shopping List Terms

BAG - bag

CAN – can

CTR – container

DOZ – dozen

GAL – gallon

HGL - half gallon

OZ – ounces

PKG – package

QT – quart

\$\$\$ - dollars

4PK – 4 pack

6PK – 6 pack

8PK – 8 pack

Nutritious foods like what you get from WIC can help your family be healthy. Eating the right foods can help babies and children grow and learn better.

WIC foods include:

• Fruits and Vegetables for vitamins and minerals to help your body stay healthy

• Dairy products that provide calcium and vitamin D for strong bones

• **Protein** to build muscles and organs

• Whole Grains for fiber and vitamins

• Cereal for iron and other vitamins for healthy blood

You will still need to buy other foods.

WIC foods are meant to add to what you already buy.

WIC staff can give you referrals for other programs that can help you feed your family.



WIC fraud prevention is everyone's responsibility!

By following these rules you help the Maryland WIC Program help you and others.

- **Do NOT** sell or give away your WIC foods and benefits.
- **Do NOT** buy or try to buy food items that are not WIC approved with your benefit.
- **Do NOT** return your WIC foods to the store for a refund or store credit.
- Report stores and other WIC participants that you know are not following the rules to your Local WIC Agency.

Infant Foods

Infant Formula

BUY:

Brand, type, and size issued ONLY

Infant Fruits & Vegetables

BUY:

- Plain vegetables or mixed vegetables (example: carrots and sweet potatoes)
- Plain fruit or mixed fruits (example: apples and bananas)
- Mixed fruit and vegetables (example: apples and spinach)
- Store brand if available

- 4 ounce container
- Two-packs of 4-ounce containers are OK (a 2 pack = 2 containers)

Not WIC Approved:

- Organic
- With DHA
- With meat, yogurt, cereal, pasta, or rice
- Dinners, desserts, soups, or stews
- Pouches or smoothies

Choose to breastfeed. It is natural, healthy, and convenient.

Infant Cereal

BUY:

- Dry
- 8 or 16 ounce container

Not WIC Approved:

- Organic
- With DHA, fruit, or formula

Infant Meat

BUY:

- Plain chicken, turkey, beef, lamb, veal, or ham
- 2.5 ounce container
- Store brand if available
- With gravy or broth is OK



Not WIC Approved:

- Organic
- With DHA
- With added vegetables, fruit, rice, cereal, or pasta
- Dinners, meat sticks, stews, or soups
- Pouches



INFANT FOODS

Fruits & Vegetables

BUY:

- · Any brand
- Organic is OK



BUY fresh, frozen, and canned fruits and vegetables with your **WIC Fruit & Vegetable benefit.**

Fresh

BUY:

- Loose or pre-packaged
- · Whole or cut

Not WIC Approved:

- With dips, sauces, or dressings
- With cheese, nuts, or croutons
- Salad bar items, party platters, fruit baskets, or decorative items
- Juice: BUY with your WIC juice benefit

Frozen

BUY:

- Plain
- Bag or box
- Low sodium is OK

Not WIC Approved:

- With rice, pasta, or breading
- With sauces, cheese, or milk
- With butter, fat, oil, or meat
- With sugar, syrup, or artificial sweeteners
- Soup
- Juice: BUY with your WIC juice benefit

Canned

BUY:

- Water or juice packed
- Metal, glass, or plastic container
- Low sodium is OK

Not WIC Approved:

- Pouches
- With butter, fat, oil, or meat
- With sugar, syrup, or artificial sweeteners
- With rice or pasta
- Pickled vegetables, relishes, olives, or catsup
- Soup
- Beans: BUY with your WIC beans benefit
- Juice: BUY with your WIC juice benefit

FRUITS & VEGETABLES

Milk

BUY:

- Type and size issued
- Store brand if available

BUY if issued:

- Lactose-reduced or lactose-free
- Drv
- Evaporated
- Ultra-High Temperature (UHT)

Not WIC Approved:

- Organic
- Buttermilk
- Flavored or sweetened
- Rice, almond, or goat milk



BUY:

- Domestic ONLY:
 American, Cheddar, Colby,
 Monterey Jack, Muenster,
 Mozzarella, Provolone, or Swiss
- 8 or 16 ounce package
- Store brand if available
- Block or sliced ONLY
- Lowfat, reduced fat, and low sodium are OK
- Blends of approved cheeses are OK (like Colby-Jack)

Not WIC Approved:

- Organic
- Imported
- From the deli
- String, individually wrapped, shredded, crumbled, or cubed
- Cheese food, spread, or product
- Cream cheese
- With flavors, nuts, peppers, or crackers

Soy Beverages

BUY:

- Brands and types shown here ONLY
- Refrigerated half gallons:
 - 8th Continent: Soymilk Original
 - Great Value: Original Soy
 - Silk: Original Soymilk
- Shelf-stable quarts:
 - Pacific Natural Foods: Ultra Soy Original



Tofu

BUY:

- 12 to 16 ounce container
- Brands and types shown here ONLY:
 - Azumaya: Extra Firm, Firm
 - House Foods: Premium Soft, Premium Medium Firm,
 Premium Firm, Premium Extra Firm, Organic Firm, Organic Extra Firm
 - Nasoya: Organic Extra Firm, Organic Firm, Organic Super Firm (Vac Pac), Organic Silken, Lite Firm (not organic), Organic Sprouted Tofuplus, Organic Black Soybean Tofuplus, Organic Firm Tofuplus, Organic Extra Firm Tofuplus
 - Nature's Promise: Organic Firm
 - O Organic: Organic Firm, Organic Sprouted Super Firm
 - Wegmans: Organic Firm, Organic Extra Firm

DAIRY • Milk • Cheese • Soy Beverages • Tofu

Eggs

BUY:

- · White, medium, or large
- One dozen carton
- Store brand if available

Not WIC Approved:

- Organic, brown, fertile, or cage free
- Lowfat or cholesterol free, omega-3, pasteurized, or other specialty eggs

Peanut Butter

BUY:

- Plain, smooth, crunchy, extra crunchy, or creamy
- 16 to 18 ounce container
- Store brand if available
- Low sodium and low sugar are OK

Not WIC Approved:

- · Organic, natural, or fresh ground
- Reduced fat
- Honey roasted, mixed with marshmallow, jelly, jam, honey, or chocolate
- Peanut butter spreads

Canned Fish

BUY:

- Chunk light tuna, in water, 5 to 6 ounce can
- Pink salmon, in water, 5 to 7.5 ounce can
- Sardines, in water, 3.75 ounce can
- Store brand if available

Not WIC Approved:

- Organic
- · Albacore or white tuna
- Red salmon
- With added flavor or sauce
- Gourmet
- Pouch, bowl, or kit

Beans, Peas & Lentils

BUY:

- Dry, 16 ounce bag
- Canned, packed in water, 15 to 16 ounce can
- Beans <u>like</u> kidney, pinto (any color), black, navy, garbanzo, lima, or cannellini
- Peas <u>like</u> split peas, black-eyed peas, or chick peas
- Lentils
- · Store brand if available

Not WIC Approved:

- Organic
- Green or wax beans, or sweet peas:
 BUY with your WIC Fruit & Vegetable benefit
- Pork and beans, baked beans, or refried beans
- Soup, soup mixes, or with flavor packets
- Beans with sauce, meat, fat, or oil

Buy fresh, frozen, and canned green or wax beans and sweet peas with your WIC Fruit & Vegetable benefit.

PROTEIN • Eggs • Peanut Butter • Canned Fish • Beans, Peas & Lentils



Brown Rice

BUY:

- Dry, plain
- 1 pound (16 ounce) package
- Store brand if available

Not WIC Approved:

- Organic
- · Ready-to-serve, precooked, or boil-in-bag
- With added flavor, sauce, spice packets, or vegetables

Soft Corn & Whole Wheat Tortillas

BUY:

- Brands and types shown here ONLY
- 1 pound (16 ounce) package



Archer Farms

Soft Whole Wheat Tortillas



Chi-Chi's

- White Corn Tortillas
- Whole Wheat Fajita Tortillas



Don Pancho

- White Corn Tortillas
- Whole Wheat Tortillas



La Banderita

- Corn Tortillas
- Grande Corn Tortillas
- Whole Wheat Fajita Style Tortillas
- Whole Wheat Soft Taco Style Tortillas



Mission

- Whole Wheat Soft Taco Tortillas
- Yellow Corn Extra Thin Tortillas





Essential Everyday

- Soft White Corn Tortillas
- Whole Wheat Tortillas



Giant

- White Corn Tortillas
- Whole Wheat Tortillas



Giant Eagle

- Fajita Size White Corn Tortillas
- Whole Wheat Tortillas

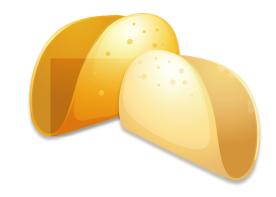


Ortega

Whole Wheat Tortillas







Breads & Rolls

BUY:

- Brands and types shown here ONLY
- 15 to 16 ounce package



- 100% Whole Wheat Burger Rolls
- 100% Whole Wheat Hot Dog Rolls



Best Yet

100% Whole Wheat Bread



Bimbo

• 100% Whole Wheat Bread



Essential Everyday

100% Whole Wheat Bread



Nature's Harvest

Stone Ground 100% Whole Wheat Bread



Nature's Own

- 100% Whole Grain Sugar Free Bread
- 100% Whole Wheat Hamburger Buns



Nickles

• Country Style 100% Whole Wheat Bread



Pepperidge Farm

- Stone Ground 100% Whole Wheat Bread
- Very Thin 100% Whole Wheat Bread



ShopRite

- 100% Whole Wheat Bread
- Enriched 100% Whole Wheat Hot Dog Rolls
- Enriched 100% Whole Wheat Sandwich Rolls



Signature Kitchens

• 100% Whole Wheat Bread



Stern's

- 100% Whole Wheat Bread
- 100% Whole Wheat Rolls



Weis Quality

Whole Wheat Bread



Food Lion

100% Whole Wheat Sliced Bread



Giant

100% Whole Wheat Bread



Giant Eagle

100% Whole Wheat Bread



Gourmet

• 100% Whole Wheat Bread



Redners

100% Whole Wheat Bread



Sara Lee

100% Whole Wheat Bread



Schmidt Old Tyme

- 100% Whole Wheat Bread
- 100% Whole Wheat Hamburger Rolls
- 100% Whole Wheat Hot Dog Rolls

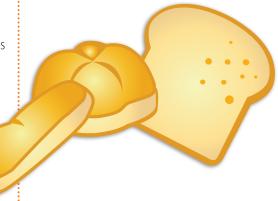


• 100% Whole Wheat Bread



Wonder

• 100% Whole Wheat Bread



Juice for Women – 11.5 to 12 Ounce Frozen Concentrate Containers

BUY:

- 100% juice, unsweetened
- With added calcium, vitamin D, and/or vitamin C is OK
- Orange or Grapefruit juice: **ANY brand is OK**
- · Apple, Grape (purple, red, or white), Pineapple, Tomato, or Vegetable juice: **Brands shown here ONLY**

Not WIC Approved:

- Organic or fresh-squeezed
- Juice blends (like Apple-Grape or Pineapple-Orange)
- · Cocktails, punch, drink, or light



Pineapple



Essential Everyday

- Apple
- Grape



Food Lion

Apple



Giant

- Apple
- Grape



ShopRite

Apple



Signature Kitchens

Apple



Tipton Grove

Apple



Tree Top

Apple



Apple



All brands of

100% orange juice and 100% grapefruit juice in 11.5 to 12 ounce frozen concentrate containers are WIC approved.



Great Value

- Apple
- Grape



Harris Teeter

Apple



Market Pantry

- Apple
- Grape



Old Orchard

- Apple
- Grape
- Pineapple



Seneca

Apple



Weis Quality

Apple



Welch's

Grape

Juice for Children – 64 Ounce Containers

BUY:

- 100% juice, unsweetened
- With added calcium, vitamin D, and/or vitamin C is OK
- Orange or Grapefruit juice: ANY brand is OK
- Apple, Grape (purple, red, or white), Pineapple, Tomato, or Vegetable juice: **Brands shown here ONLY**

Not WIC Approved:

- Organic or fresh-squeezed
- Juice blends (like Apple-Grape or Pineapple-Orange)
- · Cocktails, punch, drink, or light



Apple & Eve

Apple



Campbell

- Tomato
- Tomato. Low Sodium



Essential Everyday

- Apple
- Grape
- Pineapple



Food Lion

- Apple Grape
- Pineapple



Juicy Juice

- Apple
- Grape



Langers

- Apple
- Concord Grape



Libby's

Pineapple



Mott's

Apple



Old Orchard

- Apple
- Grape
- Pineapple



V8

- Vegetable
- · Vegetable, Low Sodium



Wegmans

- Apple
- Grape
- · Grape, with Fiber & Calcium



Weis Quality

- Apple
- Grape
- Vegetable



All brands of

100% orange juice and 100% grapefruit juice in 64 ounce containers are WIC approved.



Giant

- Apple
- **Giant** Grape



Giant Eagle

- Apple
- Grape



Great Value

- Apple
- Grape
- Tomato
- Vegetable



Harris Teeter

- Apple
- Grape
- Pineapple



Seneca

Apple



ShopRite

- Apple Grape

Signature Kitchens

- Apple
- Grape
- Pineapple



Tipton Grove

- Apple
- Grape



Tree Top

Apple



Welch's

Grape

Cereal – you can combine different cereals

BUY:

- Brands and types shown here ONLY
- 12 ounce size or larger (cold cereal)
- 11.8 ounce size or larger (hot cereal)



See chart on next page for how to buy up to 36 ounces of cereal.

Cold Cereal



General Mills

Cheerios





General Mills

 Multigrain Cheerios





Kellogg's

 All Bran Complete Wheat Flakes





Kellogg's

• Rice Krispies



General Mills

Corn Chex





General Mills

• Rice Chex





Kellogg's

Corn Flakes



Kellogg's

 Special K Original



General Mills

• Fiber One Honey Clusters



General Mills

 Total Whole Grain



Kellogg's

Crispix



Post__ Alpha-Bits



General Mills

Honey Kix



General Mills

Wheat Chex



Kellogg's

 Frosted Mini Wheats



Post

 Great Grains Banana Nut Crunch



General Mills

Kix



General Mills

Wheaties



Kellogg's

 Frosted Mini Wheats Little Bites



Post

Bran Flakes



Cereal - continued

Gluten Free Cereal Whole Grain Cereal

Cold Cereal



Post

Grape-Nuts



Post

Honey Bunches of Oats

Honey Roasted



Quaker

Oatmeal Squares

Cinnamon



Hot Cereal

Quaker **Instant Grits**



Post





Post

Honey Bunches of Oats

With Almonds



Quaker

Oatmeal Squares

• Hint of Brown Sugar



Ouaker

Instant Oatmeal





Post

Honey Bunches of Oats

• Whole Grain Almond Crunch



Post

Honey Bunches of Oats

 With Cinnamon Bunches



Sunbelt

• Sunbelt Simple Granola





Cream of Wheat

Cream of Rice:

- Regular
- Instant
- (GF)



Whole Grain

Post

Post

of Oats

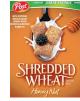
Honey Bunches of Oats

 Whole Grain Honey Crunch

Honey Bunches

Whole Grain

with Vanilla Bunches /



Post

 Honey Nut Shredded Wheat









Quaker Life

Original



Cream of Wheat Cream of Wheat:

- 1 Minute
- 2 1/2 Minute
- Instant

Possible ways to buy up to 36 ounces (oz.) of cereal



= 36ounces



12 oz. Cereal

12 oz. Cereal

= 36ounces 24 oz. Cereal

11.8 oz. Hot Cereal

= 35.8ounces